

# Rosa Casas

## List of Publications by Year in descending order

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Version: 2024-02-01

105  
papers

5,462  
citations

87723

38  
h-index

85405

71  
g-index

112  
all docs

112  
docs citations

112  
times ranked

8010  
citing authors

#	ARTICLE	IF	CITATIONS
1	Olive oil and health: Summary of the II international conference on olive oil and health consensus report, Ja�n and C�rdoba (Spain) 2008. Nutrition, Metabolism and Cardiovascular Diseases, 2010, 20, 284-294.	1.1	449
2	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. American Journal of Clinical Nutrition, 2009, 89, 248-256.	2.2	228
3	The Immune Protective Effect of the Mediterranean Diet against Chronic Low-grade Inflammatory Diseases. Endocrine, Metabolic and Immune Disorders - Drug Targets, 2014, 14, 245-254.	0.6	215
4	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis. Pharmacological Research, 2012, 65, 577-583.	3.1	190
5	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. British Journal of Clinical Pharmacology, 2017, 83, 114-128.	1.1	188
6	Effect of cocoa powder on the modulation of inflammatory biomarkers in patients at high risk of cardiovascular disease. American Journal of Clinical Nutrition, 2009, 90, 1144-1150.	2.2	183
7	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. Nutrients, 2015, 7, 4124-4138.	1.7	182
8	The Effects of the Mediterranean Diet on Biomarkers of Vascular Wall Inflammation and Plaque Vulnerability in Subjects with High Risk for Cardiovascular Disease. A Randomized Trial. PLoS ONE, 2014, 9, e100084.	1.1	182
9	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. Nutrients, 2020, 12, 2983.	1.7	181
10	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. International Journal of Epidemiology, 2019, 48, 387-388o.	0.9	179
11	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: A randomized clinical trial. Clinical Nutrition, 2013, 32, 200-206.	2.3	178
12	Nutrition and Cardiovascular Health. International Journal of Molecular Sciences, 2018, 19, 3988.	1.8	173
13	Differential effects of polyphenols and alcohol of red wine on the expression of adhesion molecules and inflammatory cytokines related to atherosclerosis: a randomized clinical trial. American Journal of Clinical Nutrition, 2012, 95, 326-334.	2.2	157
14	Comparative effect of two Mediterranean diets versus a low-fat diet on glycaemic control in individuals with type 2 diabetes. European Journal of Clinical Nutrition, 2014, 68, 767-772.	1.3	151
15	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci�n con Dieta MEDiterr�nea (PREDIMED) Randomized Controlled Trial. Journal of Nutrition, 2016, 146, 1684-1693.	1.3	133
16	Dealcoholized Red Wine Decreases Systolic and Diastolic Blood Pressure and Increases Plasma Nitric Oxide. Circulation Research, 2012, 111, 1065-1068.	2.0	117
17	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. Clinical Nutrition, 2018, 37, 906-913.	2.3	108
18	Adherence to Mediterranean diet is associated with methylation changes in inflammation-related genes in peripheral blood cells. Journal of Physiology and Biochemistry, 2016, 73, 445-455.	1.3	103

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19	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. <i>JAMA - Journal of the American Medical Association</i> , 2019, 322, 1486.	3.8	100
20	Effects of alcohol and polyphenols from beer on atherosclerotic biomarkers in high cardiovascular risk men: A randomized feeding trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015, 25, 36-45.	1.1	98
21	Regular consumption of cocoa powder with milk increases HDL cholesterol and reduces oxidized LDL levels in subjects at high-risk of cardiovascular disease. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012, 22, 1046-1053.	1.1	97
22	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.	2.3	87
23	The Mediterranean Diet Pattern and Its Main Components Are Associated with Lower Plasma Concentrations of Tumor Necrosis Factor Receptor 60 in Patients at High Risk for Cardiovascular Disease. <i>Journal of Nutrition</i> , 2012, 142, 1019-1025.	1.3	86
24	Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. <i>Mediators of Inflammation</i> , 2017, 2017, 1-12.	1.4	78
25	Cardioprotective effects of cocoa: Clinical evidence from randomized clinical intervention trials in humans. <i>Molecular Nutrition and Food Research</i> , 2013, 57, 936-947.	1.5	73
26	Increased Serum Calcium Levels and Risk of Type 2 Diabetes in Individuals at High Cardiovascular Risk. <i>Diabetes Care</i> , 2014, 37, 3084-3091.	4.3	67
27	Clinical Advances in Immunonutrition and Atherosclerosis: A Review. <i>Frontiers in Immunology</i> , 2019, 10, 837.	2.2	65
28	Dietary $\omega$ -3 Fatty Acids, Marine $\omega$ -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREVENCIÓN con Dieta MEDiterránea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016, 5, .	1.6	60
29	The Protective Effects of Extra Virgin Olive Oil on Immune-mediated Inflammatory Responses. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , 2017, 18, 23-35.	0.6	60
30	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. <i>Journal of Nutrition</i> , 2019, 149, 1920-1929.	1.3	59
31	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , 2019, 11, 2381.	1.7	59
32	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020, 12, 689.	1.7	59
33	Association between dietary phylloquinone intake and peripheral metabolic risk markers related to insulin resistance and diabetes in elderly subjects at high cardiovascular risk. <i>Cardiovascular Diabetology</i> , 2013, 12, 7.	2.7	58
34	The Effect of Alcohol on Cardiovascular Risk Factors: Is There New Information?. <i>Nutrients</i> , 2020, 12, 912.	1.7	57
35	Tomato Sauce Enriched with Olive Oil Exerts Greater Effects on Cardiovascular Disease Risk Factors than Raw Tomato and Tomato Sauce: A Randomized Trial. <i>Nutrients</i> , 2016, 8, 170.	1.7	50
36	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021, 40, 4290-4300.	2.3	47

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37	Effects of Mediterranean Diet or Mindfulness-Based Stress Reduction on Prevention of Small-for-Gestational Age Birth Weights in Newborns Born to At-Risk Pregnant Individuals. <i>JAMA - Journal of the American Medical Association</i> , 2021, 326, 2150.	3.8	47
38	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 1493.	1.7	41
39	Association of lifestyle factors and inflammation with sarcopenic obesity: data from the PREDIMED-Plus trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019, 10, 974-984.	2.9	40
40	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019, 11, 958.	1.7	35
41	Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2019, 38, 1883-1891.	2.3	34
42	Wine Intake in the Framework of a Mediterranean Diet and Chronic Non-Communicable Diseases: A Short Literature Review of the Last 5 Years. <i>Molecules</i> , 2020, 25, 5045.	1.7	33
43	The non-alcoholic fraction of beer increases stromal cell derived factor 1 and the number of circulating endothelial progenitor cells in high cardiovascular risk subjects: A randomized clinical trial. <i>Atherosclerosis</i> , 2014, 233, 518-524.	0.4	32
44	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , 2018, 10, 1630.	1.7	31
45	Dietary glycemic index/load and peripheral adipokines and inflammatory markers in elderly subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 443-450.	1.1	30
46	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , 2021, 40, 1510-1518.	2.3	27
47	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2021, 40, 2825-2836.	2.3	24
48	Reliability and Concurrent and Construct Validity of a Food Frequency Questionnaire for Pregnant Women at High Risk to Develop Fetal Growth Restriction. <i>Nutrients</i> , 2021, 13, 1629.	1.7	23
49	A Community Program of Integrated Care for Frail Older Adults: +AGIL Barcelona. <i>Journal of Nutrition, Health and Aging</i> , 2019, 23, 710-716.	1.5	22
50	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , 2021, 60, 2381-2396.	1.8	22
51	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2019, 8, 1053.	1.0	21
52	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 137.	2.0	21
53	Mediterranean, DASH, and MIND Dietary Patterns and Cognitive Function: The 2-Year Longitudinal Changes in an Older Spanish Cohort. <i>Frontiers in Aging Neuroscience</i> , 2021, 13, 782067.	1.7	21
54	Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. <i>Journal of Nutrition</i> , 2017, 147, 2272-2281.	1.3	18

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55	Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , 2020, 12, 3574.	1.7	18
56	Prediction of Cardiovascular Disease by the Framingham REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , 2017, 6, .	1.6	17
57	Association between Serum Ferritin and Osteocalcin as a Potential Mechanism Explaining the Iron-Induced Insulin Resistance. <i>PLoS ONE</i> , 2013, 8, e76433.	1.1	17
58	Consumption of aged white wine modulates cardiovascular risk factors via circulating endothelial progenitor cells and inflammatory biomarkers. <i>Clinical Nutrition</i> , 2019, 38, 1036-1044.	2.3	15
59	Dietary Patterns, Foods, Nutrients and Chronic Inflammatory Disorders. <i>Immunome Research</i> , 2016, 12, .	0.1	15
60	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019, 14, e0210726.	1.1	14
61	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 761.	1.7	14
62	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 214-222.	1.1	14
63	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020, 64, e2000350.	1.5	14
64	Targeting body composition in an older population: do changes in movement behaviours matter? Longitudinal analyses in the PREDIMED-Plus trial. <i>BMC Medicine</i> , 2021, 19, 3.	2.3	14
65	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1702-1713.	1.1	14
66	Consumption of caffeinated beverages and kidney function decline in an elderly Mediterranean population with metabolic syndrome. <i>Scientific Reports</i> , 2021, 11, 8719.	1.6	13
67	Pro-vegetarian food patterns and cardiometabolic risk in the PREDIMED-Plus study: a cross-sectional baseline analysis. <i>European Journal of Nutrition</i> , 2022, 61, 357-372.	1.8	13
68	Dietary folate intake and metabolic syndrome in participants of PREDIMED-Plus study: a cross-sectional study. <i>European Journal of Nutrition</i> , 2021, 60, 1125-1136.	1.8	12
69	Adherence to a Supplemented Mediterranean Diet Drives Changes in the Gut Microbiota of HIV-1-Infected Individuals. <i>Nutrients</i> , 2021, 13, 1141.	1.7	12
70	Mediterranean diet, Mindfulness-Based Stress Reduction and usual care during pregnancy for reducing fetal growth restriction and adverse perinatal outcomes: IMPACT BCN (Improving Mothers) Trial. <i>Trials</i> , 2021, 22, 362.	0.7	12
71	Oxidative Stress Is Associated with an Increased Antioxidant Defense in Elderly Subjects: A Multilevel Approach. <i>PLoS ONE</i> , 2014, 9, e105881.	1.1	12
72	Changes in Spanish lifestyle and dietary habits during the COVID-19 lockdown. <i>European Journal of Nutrition</i> , 2022, 61, 2417-2434.	1.8	12

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73	Consumption of Aged White Wine under a Veil of Flor Reduces Blood Pressure-Increasing Plasma Nitric Oxide in Men at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 1266.	1.7	11
74	The 3-Year Effect of the Mediterranean Diet Intervention on Inflammatory Biomarkers Related to Cardiovascular Disease. <i>Biomedicines</i> , 2021, 9, 862.	1.4	11
75	Effects of a Novel Nutraceutical Combination (Aquila Colesterol®) on the Lipid Profile and Inflammatory Biomarkers: A Randomized Control Trial. <i>Nutrients</i> , 2019, 11, 949.	1.7	8
76	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020, 59, 2195-2206.	1.8	8
77	Maternal Dietary Inflammatory Index during Pregnancy Is Associated with Perinatal Outcomes: Results from the IMPACT BCN Trial. <i>Nutrients</i> , 2022, 14, 2284.	1.7	8
78	Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , 2020, 12, 1709.	1.7	7
79	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3728.	1.2	7
80	Clinical Impact of Mediterranean Diet Adherence before and after Bariatric Surgery: A Narrative Review. <i>Nutrients</i> , 2022, 14, 393.	1.7	7
81	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2020, 314, 48-57.	0.4	6
82	One-year changes in fruit and vegetable variety intake and cardiometabolic risk factors changes in a middle-aged Mediterranean population at high cardiovascular risk. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 1393-1402.	1.3	6
83	Dairy Product Consumption and Changes in Cognitive Performance: Two-Year Analysis of the PREDIMED-Plus Cohort. <i>Molecular Nutrition and Food Research</i> , 2022, 66, e2101058.	1.5	6
84	Changes in plasma total saturated fatty acids and palmitic acid are related to pro-inflammatory molecule IL-6 concentrations after nutritional intervention for one year. <i>Biomedicine and Pharmacotherapy</i> , 2022, 150, 113028.	2.5	6
85	Acute consumption of Andalusian aged wine and gin decreases the expression of genes related to atherosclerosis in men with high cardiovascular risk: Randomized intervention trial. <i>Clinical Nutrition</i> , 2019, 38, 1599-1606.	2.3	5
86	Eat Even More Vegetables and Fruits to Protect Your Heart. <i>Annals of Internal Medicine</i> , 2020, 172, 826-827.	2.0	4
87	Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , 2021, 65, 2100363.	1.5	3
88	Association between the Prime Diet Quality Score and depressive symptoms in a Mediterranean population with metabolic syndrome. Cross-sectional and 2-year follow-up assessment from PREDIMED-PLUS study. <i>British Journal of Nutrition</i> , 2022, 128, 1170-1179.	1.2	3
89	Change to a healthy diet in people over 70 years old: the PREDIMED experience. <i>European Journal of Nutrition</i> , 2022, 61, 1429-1444.	1.8	3
90	Vitamin K dietary intake is associated with cognitive function in an older adult Mediterranean population. <i>Age and Ageing</i> , 2022, 51, .	0.7	3

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91	Prospective associations between a priori dietary patterns adherence and kidney function in an elderly Mediterranean population at high cardiovascular risk. <i>European Journal of Nutrition</i> , 2022, 61, 3095-3108.	1.8	3
92	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study. <i>PLoS ONE</i> , 2022, 17, e0265079.	1.1	3
93	Association between ankle-brachial index and cognitive function in participants in the PREDIMED-Plus study: cross-sectional assessment. <i>Revista Espanola De Cardiologia (English Ed )</i> , 2021, 74, 846-853.	0.4	2
94	Mediterranean diet and role of olive oil. , 2021, , 205-214.		2
95	Psychological and metabolic risk factors in older adults with a previous history of eating disorder: A cross-sectional study from the Predimed-Plus study. <i>European Eating Disorders Review</i> , 2021, 29, 575-587.	2.3	2
96	A Comparative Study of the Efficacy of an Intervention with a Nutritional Supplement for Patients with Chronic Kidney Disease: A Randomized Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 1647.	1.0	2
97	Moving towards a Healthier Dietary Pattern Free of Ultra-Processed Foods. <i>Nutrients</i> , 2022, 14, 118.	1.7	2
98	Circulating immune cell activation and diet: A review on human trials. <i>Journal of Allergy and Immunology</i> , 2017, 1, .	0.0	1
99	Beer. , 2015, , 153-164.		0
100	Risk Factors in Food-induced Anaphylactic Shock: Which Matters Most, Food or Cofactor?. <i>Journal of Allergy and Clinical Immunology</i> , 2019, 143, AB148.	1.5	0
101	The relationship between consumption of fermented alcoholic beverages, eating patterns and anthropometric parameters in elderly patients at high cardiovascular risk. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	0.4	0
102	Cardiovascular Protection by Dietary Polyphenols. , 2021, , 625-635.		0
103	Asociación entre Índice tobillo-brazo y rendimiento cognitivo en participantes del estudio PREDIMED-Plus: estudio transversal. <i>Revista Espanola De Cardiologia</i> , 2021, 74, 846-853.	0.6	0
104	Association between Gut Microbiota Composition and Metabolic, Translocation, Inflammation and Immunological Parameters in Individuals Living with HIV-1. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0
105	Comment on Yeste et al. Polyphenols and IUGR Pregnancies: Intrauterine Growth Restriction and Hydroxytyrosol Affect the Development and Neurotransmitter Profile of the Hippocampus in a Pig Model. <i>Antioxidants</i> 2021, 10, 1505. <i>Antioxidants</i> , 2022, 11, 833.	2.2	0